fally suitable for girlish figures-the | HELPFUL HINTS ON CARE OF glove sleeves that button close at the wrist, the flare skirt with its wavey. broken line at the bottom are advance notes from the fashion designers that will be repeated in all the modish summer gowns.

The blouse is blue crepe lined with all-over val. lace with separate

guimpe of blue messaline.

#### 0-0-THE AMATEUR GARDENER

He spent seven dollars for new tools and seeds.

And now can't distinguish the plants from the weeds.

-Peoria Journal.

The Sultan of Muscat rules what is probably the hottest country on earth. The thermometer has registered 189 degrees in the sun in Muscat and 107 degrees even at night.

# THE BABY

After weaning only give baby milk that is certified as coming from healthy cows.

Keep bottles, bowls, spoons and nipples clean by scalding before using.

Keep rubber nipples in a glass of water with borax or boracic acid.

Add only cold boiled water or cold gruels to the milk.

Feed at regular hours.

Give baby a drink of cold, boiled water twice a day.

Keep baby out of doors at least two hours every day and in fresh air and sunshine indoors.

Bathe baby daily. Tepid water is better than hot water. Test with your elbow.

# ANNA PAVLOWA'S EASY LESSONS IN DANCING NEW SOCIAL STEPS

on new social dances and how to master them, written by Anna Pavlowa, greatest living dancer, exclusively for readers of The Day Book.-Editor' Note.)

## BY ANNA PAVLOWA

## Article No. 2.

The side-glide, which constitutes the second devision of my standardized one-step, may be performed after the eight count while the couple is dancing, with the lady moving straight ahead, or after eight counts, in which four are first in a forward direction for the lady, and the next four reversed, the cavalier going forward.

It consists of two glide steps to the right. Occupying a "closed" position, the partners are ready to begin the side-glide, the lady on her right foot and her partner on his left.

This side-glide figure should cover eight counts of the music, but there should be only one step taken on the

(This is one of a series of articles | first two counts. The lady moves to her left and the cavalier to his right. Instead of a long first-step the dancers take one less than one-half a customary glide step. This is made necessary because of the direction assumed, something I deem proper in order to give variety and grace to the dance.

The lady, who is in a "closed" position with her partner, moves to her left on count "one," starting on her right foot which she brings sidewise along the floor until it rests close against the left. On count "two" she stands perfectly still, taking no step whatsoever.

When count "three" arrives the lady takes a fairly long step to the left with her left foot and on the ball of the foot; and on the fourth count she brings her right foot close beside the left, as she did in starting the figure on the first count. next four counts are, for the lady, left, foot to the left, on ball of the foot, on count "one" (or five, if be easier to so